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OF THE NEWSPAPER
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ORIGINAL FILM**

JULY 30 - AUGUST 5, 2006

American Profile

MIDWEST EDITION

Granny HOOPS

Hoop-shooting seniors revive
an old-fashioned game

INSIDE:

- Lindsey Brenkus, 13, hosts her town's farmers market
- Yellow Pine, Idaho
- Peach pound cake

my story is discovering your secrets

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Ask American Profile

Q Whatever happened to Bob Harrington, "The Chaplain of Bourbon Street" in New Orleans?

—B.J. McCreery, Texas City, Texas **Minister Bob Harrington**

The insurance salesman-turned-preacher, who became a celebrity in the 1970s for his confrontational, take-it-to-the-streets ministry in the seediest parts of New Orleans, got out of the salvation business in the late '70s to become a motivational speaker. But "I was miserable," he admits, "leaving God completely out of my life. I was a victim of bad choices, and a perfect target for Satan." Today, remarried and raising miniature horses with his wife of six years, Becky, on their ranch in Mansfield, Texas, Harrington operates an interactive ministry website, www.thechaplain.com, and continues to preach and speak around the country.



Q What has happened to Dwight Yoakam? He seems to have dropped out of sight.

—Carolyn Crum, Pekin, Ill.

Yoakam's been keeping busy with both movies and music. Most recently, he had roles in the 2005 film *The Three Burials of Melquiades*, directed by and starring Tommy Lee Jones, and also the "bad-girls Western" *Bandits* alongside Penelope Cruz and Salma Hayek. Last year, he released *Blame the Vain*, his 18th album in 21 years. Though he often performs with a guitar, he downplays his instrumental abilities. "I'm not the world's greatest guitar player," he says. "I'm completely self-taught, and reckless about it."

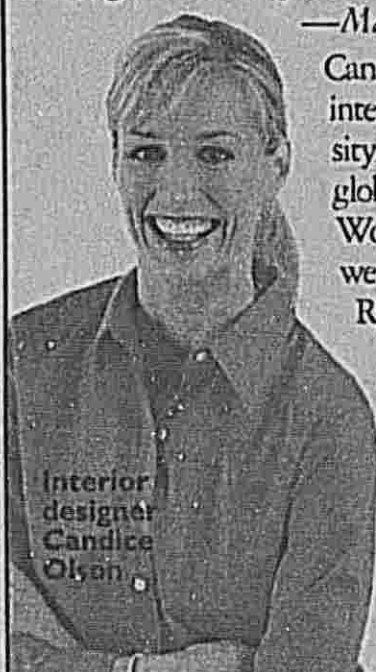


Dwight Yoakam's making music and movies.

Q I love Candice Olson on HGTV's *Divine Design*. Could you tell me more about her?

—Martha Smyers, Prescott Valley, Ariz.

Canadian-born Olson, one of Canada's top interior designers, attended the University of Calgary, where she traveled the globe playing volleyball for the Canadian Women's National team. Afterward, she went to the School of Interior Design at Ryerson University in Toronto and later opened her own business, Candice Olson Design. In 1994, her renovation and restoration of a derelict downtown house won *Canadian House and Home* magazine's annual design contest. She lives in Toronto with her husband and recently gave birth to her second child.



Interior designer Candice Olson.

Q Whatever happened to Lesley Gore? I enjoyed her sweet voice in the 1960s.

—G. Hughes, Loveland, Colo.

A teen singing sensation in the '60s with hit singles including "It's My Party" and "Judy's Turn to Cry," Gore returned to school when the hits stopped coming to study vocal and music technique. "My success hit so fast that I hadn't really had time to learn those kinds of things," she says. She recently released an album titled *Ever Since* (available online at www.lesleygore.com) and she still tours. After 43 years of performing, Gore, 60, says she's been blessed to continue to do what she loves. "And as I see the world so difficult to live in, I am even more proud of what I do because it makes people happy." ☆



Singer Lesley Gore.

* Cover photo by Dan Nierling

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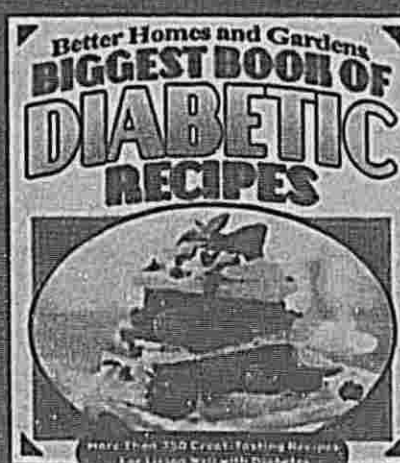
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American Profile is published by: Publishing Group of America, 341 Cool Springs Boulevard Suite 400, Franklin, Tennessee 37067. Phone: 1-800-720-6323. Mail editorial queries and contributions to Editor, American Profile, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Publishing Group of America, Inc. will not be responsible for unsolicited materials, and cannot guarantee the return of any materials submitted to it. ©2006 Publishing Group of America, Inc. All rights reserved. Reproduction in whole or part of any article, photograph, or other portion of this magazine without the express written permission of Publishing Group of America, Inc. is prohibited.



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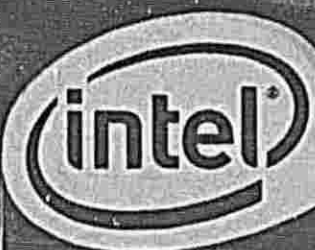
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BY MARK A. HOLLAND
Contributing Editor

Hoop-shooting seniors
revive old-fashioned game

GrannyHOOPS

With a minute to go before the basketball game begins, players make final adjustments to their tennis shoes, headbands and . . . bloomers. Then Betty Vieman, a center who stands 5 feet tall on tiptoes, asks the coach the question on everyone's mind.

"So, what is the game plan?"

Coach Jane Stirlor doesn't hesitate. "We want to wear them down," she tells 72-year-old Vieman, of Cedar Rapids, Iowa. "Let's get fired up, girls. Let's go!"

Clapping and whooping, the team of gung-ho grannies runs onto the court with black bloomers billowing and sailor collars flapping. They're smiling and so are the spectators during an exhibition game in a Cedar Rapids school gymnasium. Since the inaugural game of the Granny Basketball League last August in Lansing, Iowa (pop. 1,012), hoop-shooting seniors have been popping up like corn across Iowa to play 1920s-style girls' basketball.

"It's something to do with your arms besides reach into the cupboards," says founder Barb McPherson, 62, who organized the first game as a one-time fund-raiser for Lansing's Old Stone School renovation.

Then something unexpected happened to the women who had played girls' basketball in high school decades earlier. The basketball in their hands felt so natural. The rhythm of the ball bouncing on the hardwood floor made their hearts quicken. They were swept up again in the sport they lived for as teens—and didn't want the game to end.

"It's very energizing. The instant you're on the court, your brain thinks, 'I'm 16. I can shoot,'" says Linda Toerper, 63, coach for the Cedar Rapids Sizzlers. "It's like being a kid again."

Photos by
Dan Nierling

Uniforms resemble clothes worn by girls' teams of the 1920s.

In the game

Out on the hardwood, Lois Reisner, 68, of Hiawatha, waggles her arms above her head to block a pass from Barb Smythe, 62, of Cedar Rapids, to Jane Hawes, 61, of Lansing. No jumping or running is allowed by 1920s rules, but the grannies stretch and hurry aplenty.

In the old-fashioned six-on-six game, the basketball court is divided into thirds. Each team has two guards, two forwards and two centers who play in their designated zones.

Players pass the ball back and forth, working their way close enough to the basket to take a shot—underhanded is just fine. In an overenthusiastic defensive burst during the exhibition game, Reisner nudges Smythe and a foul is called. Reisner sticks her arms upright, gracefully accepting blame.

The gym is quiet as Smythe steps to the free-throw line. She sinks the ball, then lets loose a long, audible sigh.



Players Susie Demar, 52, and Betty Vieman, 72, are all smiles prior to a game in Cedar Rapids, Iowa.

Up in the stands, Devin Keenan, 15, watches his grandmother, Betty Vieman, in action. Keenan attends his granny's games and she attends his at Springville (pop. 1,091) High School.

Keenan sees a big difference between the two games, though. "The politeness," he says. "We don't tend to apologize after fouling."

"Or hug each other," adds his mother, Terece Keenan.

Spectator John Hawes can't stop laughing. "I love it when they call timeout, and the scorekeeper and the referee talk and the scorekeeper tells the referee that someone fouled," he says. "The game is a hoot. It looks like they're having an enormous amount of fun just keeping track of who's on whose team."

50 and fit

Not running is the hardest part of playing for Vieman, who first stepped onto a basketball court in Ellsworth, Iowa (pop. 531), in 1948. Still, the antiquated rule suits most of the grannies nowadays.

The players don't mind hiding their bare legs and upper arms to avoid a technical foul, and they've added a new rule: Players must be at least 50 years old and able "to sustain moderate physical activity for several minutes without collapsing."

No one has collapsed yet, but play often is stopped while a granny retrieves her glasses from the floor. Lansing's oldest player, Ruth Belich, 78, retired her uniform after her knees gave out. She now serves as honorary captain.

Honorary cheerleaders at the 2005 state tournament in Lansing all wanted to play, but they all had undergone knee or hip replacements, says Barb Leppert, 72, a Lansing Cardinal. "They sat on the first bleacher with their walkers."

Leppert played girls' basketball in Lansing from 1947 to 1951, and jumped at the chance to play again. "I love it," she says. "It's exercise that's fun, instead of boring

(Continued on page 6)

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(Continued from page 5)



Players in the fun-filled six-on-six basketball league slap high-fives during pre-game player introductions.

walking on a treadmill." She's lost weight "without even trying or giving up dessert."

The six teams in the Granny Basketball League practice once or twice a week at church and school gyms across eastern Iowa. Teams play for charities, donating money dropped in a basket at the door. Their mission is to preserve the history of six-on-six girls' basketball while providing spirited exercise and nostalgic entertainment. The grannies' motto: "Die with your tennies on."

"We're expecting this to sweep the country," says McPherson, who is writing a rule book for granny basketball. She calls it *The Joy of Six*.

For a pattern for their vintage uniforms, the women borrowed Muriel Cooper's black bloomers and navy-blue middie blouse that she wore in 1923 in Lansing. Back then, players often wore crocheted hats to tuck up their long hair.

"Those were the days," says Cooper, 95, of Waukon (pop. 4,131). "Mostly we were big, healthy farm girls."

An Iowa institution

Six-on-six girls' basketball was played in high schools and colleges nationwide from the late 1890s until the 1970s, but nowhere did the game become as wildly popular as it did in small towns across Iowa. Only two years after James Naismith invented the game with peach baskets in 1891 for young men at the YMCA in Springfield, Mass., young women in Iowa were playing with revised and gentler rules.

"People liked watching girls' basketball because they could tell what was going on, unlike the boys' games which were ram-buncious, disorganized affairs," McPherson says.

In its earliest days, rules were modified to fit the venue because games were played in opera halls with pot-bellied stoves in the middle of the room, low-ceiling cracker-box gyms with overhead pipes and outdoor grassy courts.

For 100 years, until switching to five players in 1993, the game of six-on-six girls' basketball was an Iowa institution. The heroines of the hardwoods were treated like royalty and nearly everyone in town turned out to watch them play.

"The town merchants bought us a big bag of gum to take to the tournaments. We chewed tons of gum for nerves," recalls McPherson, who played for Lansing High School from 1958 to 1962. "There were articles in the local paper."

Wire basketball rims rusting on Iowa barns are testimony to the popularity of the sport. "It was a small-town cultural thing—the loyalty, the watching out for other people and community spirit," says Toerper, who traveled with the Lansing girls to the state tournament in 1961. "It was the dream of everybody to get to state."

The thrill of bringing home the state championship trophy hasn't faded. The Lansing Cardinals defeated the Waterville Phantoms 23-13 to earn the 2005 state title. McPherson proudly hauls the trophy to games in a laundry basket.

This year's Granny State Basketball Tournament is scheduled Aug. 12 and 13 in Lansing. Members of the Ossian Good Old Girls, the Des Moines Hot Pink Grannies, the Cedar Rapids Sizzlers and the rest of the teams will pack up their bloomers and get fired up about winning the state championship, an ambition of athletes of every age. ☆

Visit www.grannybasketball.com for more information.

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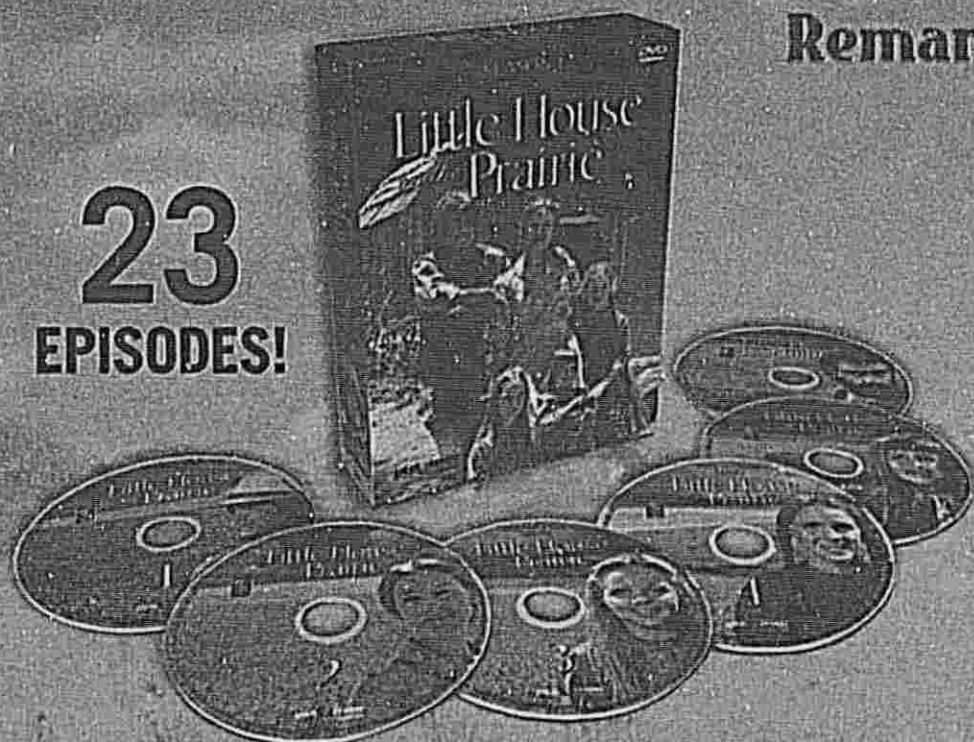
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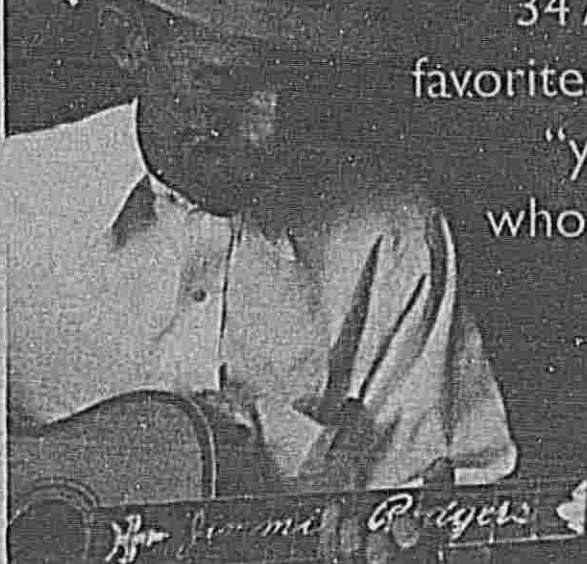


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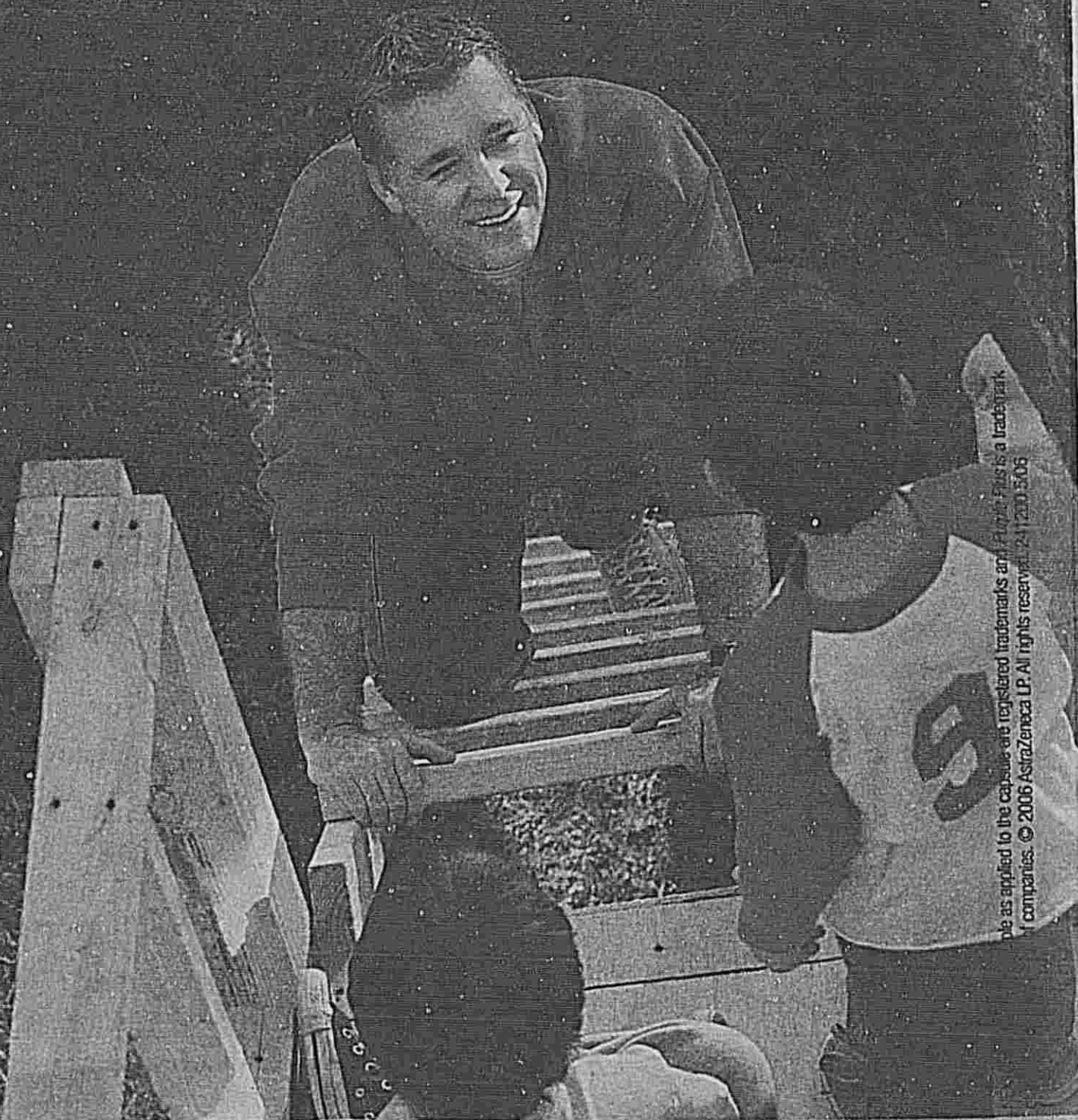
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NEXIUM® (esomeprazole magnesium) 20-mg, 40-mg Delayed-Release Capsules

BRIEF SUMMARY of Prescribing Information, INDICATIONS AND USAGE Treatment of GERD NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis; the maintenance of symptom resolution and healing of erosive esophagitis (controlled studies do not extend beyond 6 months); the treatment of heartburn and other symptoms associated with GERD; Risk Reduction of NSAID-Associated Gastric Ulcer; *H. pylori* Eradication to Reduce the Risk of Duodenal Ulcer Recurrence. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** General Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. Information for Patients NEXIUM Delayed-Release Capsules should be swallowed whole and taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the NEXIUM Delayed-Release Capsule can be opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. Drug Interactions Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. In vitro and in vivo studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Post-marketing reports of changes in prothrombin measures have been received among patients on concomitant warfarin and esomeprazole therapy. Increases in INR and prothrombin time may lead to abnormal bleeding and even death. Patients treated with proton pump inhibitors and warfarin concomitantly may need to be monitored for increases in INR and prothrombin time. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Concomitant administration of esomeprazole may reduce the plasma levels of atazanavir. Studies evaluating concomitant administration of esomeprazole and either naproxen (non-selective NSAID) or rofecoxib (COX-2 selective NSAID) did not identify any clinically relevant changes in the pharmacokinetic profiles of esomeprazole or these NSAIDs. Esomeprazole inhibits gastric acid secretion. Therefore, esomeprazole may interfere with the absorption of drugs where gastric pH is an important determinant of bioavailability (eg, ketoconazole, iron salts and digoxin). **Carcinogenesis, Mutagenesis, Impairment of Fertility** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month oral carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the in vivo rat bone marrow cell chromosome aberration test, and the in vivo mouse micronucleus test. Esomeprazole, however, was positive in the in vitro human lymphocyte chromosome aberration test. Omeprazole was positive in the in vitro human lymphocyte chromosome aberration test, the in vivo mouse bone marrow cell chromosome aberration test, and the in vivo mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy Teratogenic Effects: Pregnancy Category B** Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole is likely to be excreted in human milk, because of the potential for serious adverse reactions in nursing infants from esomeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to discontinue the

drug, taking into account the importance of the drug to the mother. **Pediatric Use** Use of NEXIUM in adolescent patients 12 to 17 years of age for short-term treatment of GERD is supported by a) extrapolation of results, already included in the currently approved labeling, from adequate and well-controlled studies that supported the approval of NEXIUM for adults, and b) safety and pharmacokinetic studies performed in adolescent patients. (See CLINICAL PHARMACOLOGY, Pharmacokinetics, Pediatric for pharmacokinetic information.) The safety and effectiveness of NEXIUM for the treatment of symptomatic GERD in patients <12 years of age have not been established. The safety and effectiveness of NEXIUM for other pediatric uses have not been established. **12 to 17 Years of Age GERD** In a multicenter, randomized, double-blind, parallel-group study, 149 adolescent patients (12 to 17 years of age; 89 female; 124 Caucasian, 15 Black, 10 Other) with clinically diagnosed GERD were treated with either NEXIUM 20 mg or NEXIUM 40 mg once daily for up to 8 weeks to evaluate safety and tolerability. Patients were not endoscopically characterized as to the presence or absence of erosive esophagitis. The most frequently reported (at least 2%) treatment related adverse events in these patients were headache (8.1%), abdominal pain (2.7%), diarrhea (2%) and nausea (2%). No new safety concerns were identified. Geriatric Use Of the total number of patients who received NEXIUM in clinical trials, 1459 were 65 to 74 years of age and 354 patients were ≥75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 15,000 patients (aged 18-84 years) in clinical trials worldwide including over 8,500 patients in the United States and over 6,500 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short and long-term clinical trials. A study was performed evaluating the safety of NEXIUM in pediatric patients aged 12-17 for the treatment of symptomatic GERD (see PRECAUTIONS - Pediatric Use). The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence <1% are listed below by body system: **Body as a Whole:** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flashes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; **Cardiovascular:** flushing, hypertension, tachycardia; **Endocrine:** goiter; **Gastrointestinal:** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysphasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms not otherwise specified, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; **Hearing:** earache, tinnitus; **Hematologic:** anemia, anemia hypochromic, cervical lymphadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; **Hepatic:** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; **Metabolic/Nutritional:** glycosuria, hyperkalemia, hypocalcemia, hypomagnesemia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; **Musculoskeletal:** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; **Nervous System/Psychiatric:** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hyposthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect; **Respiratory:** dysmenorrhea, menstrual disorder, vaginitis; **Respiratory:** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; **Skin and Appendages:** acne, angioedema, dermatitis, pruritus, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; **Special Senses:** otitis media, parosmia, taste loss, taste perversion; **Urogenital:** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; **Visual:** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Two placebo-controlled studies were conducted in 710 patients for the treatment of symptomatic gastroesophageal reflux disease. The most common adverse events that were reported as possibly or probably related to NEXIUM were diarrhea (4.3%), headache (3.8%), and abdominal pain (3.8%). **Postmarketing Reports** - There have been spontaneous reports of adverse events with postmarketing use of esomeprazole. These reports occurred rarely and are listed below by body system: **Blood and Lymphatic System Disorders:** agranulocytosis, pancytopenia; **Eye Disorders:** blurred vision; **Gastrointestinal Disorders:** pancreatitis; **Hepatobiliary Disorders:** hepatitis with or without jaundice; **Immune System Disorders:** anaphylactic reaction/shock; **Musculoskeletal and Connective Tissue Disorders:** myalgia; **Psychiatric Disorders:** depression; **Skin and Subcutaneous Tissue Disorders:** alopecia, erythema multiforme, Stevens-Johnson syndrome, toxic epidermal necrolysis (TEN, some fatal). Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert, ADVERSE REACTIONS section. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis), was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been some reports of overdose with esomeprazole. Reports have been received of overdose with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert-ADVERSE REACTIONS). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdose, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book. **DOSAGE AND ADMINISTRATION** Please see full Prescribing Information for recommended dosages and dosage adjustments for Special Populations for NEXIUM.

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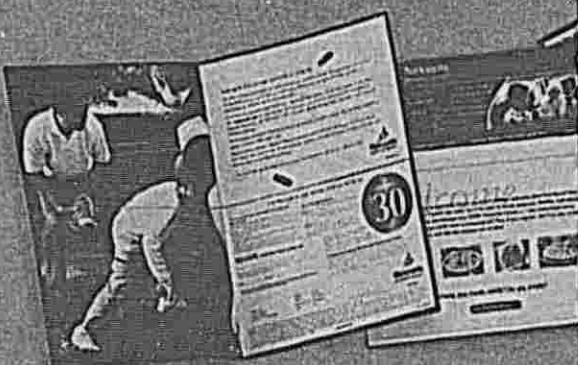
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Hometown Spotlight

Harping in the Pines

by LAURA STAVOE

An enthusiastic crowd erupts in applause as Marvin Jaramillo blows the closing notes of "The Star-Spangled Banner" on a small pocket harp in Yellow Pine, Idaho (pop. 35). Jaramillo's soulful rendition of the national anthem was an obvious crowd-pleaser during the town's annual harmonica contest last August. The event drew 4,000 spectators and contestants who traveled 25 miles of dusty, backcountry road to celebrate an instrument that has been played—and enjoyed—for more than a century in remote mining towns like Yellow Pine.

"Whether you're good or not, they go wild," says Jaramillo, 50, after walking off the Main Street stage in Yellow Pine.



Marvin Jaramillo

Jaramillo is good. He can bend harmonica notes into gospel, jazz, blues or music from his ancestral Spain, and he won first place in the Yellow Pine Harmonica Contest's diatonic division the last two years. Jaramillo points to a 100-foot ponderosa pine as the other obvious reason for making the 19-hour drive from Albuquerque, N.M. Thousands more conifer trees blanket the steep mountains surrounding Yellow Pine, a former mining town bordering the 2-million-acre Frank Church River of No Return Wilderness.

Gold prospectors first homesteaded the region in the early 1900s, but Yellow Pine's heyday came in the 1940s when nearly 80 percent of the nation's tungsten (an alloy of steel) was

extracted from the nearby Stibnite mine to produce World War II armaments. In the years since, the mine, which also produced gold, reopened only briefly when the precious metal's price spiked in the early 1980s. Now, Yellow Pine's economy relies on hunting, fishing and harmonica music.

"You have to love living here for reasons other than business," says Darlene Rosenbaum, who with her husband, Robert, owns and operates Yellow Pine Lodge. "We moved here over 20 years ago intending to fix and sell the place the next year, but we never got around to leaving." Harmonica fans line up all weekend for a taste of Darlene's sweet apricot cobbler and pie made from huckleberries she gathered from the mountainside.

Yellow Pine residents embraced the harmonica in 1990 as a way to celebrate a century of Idaho statehood. "(Former) Governor (Cecil) Andrus wanted every community to do something to celebrate the centennial," recalls Lynn Imel, 65, who moved to Yellow Pine in 1968 with her husband, Dave. "Someone mentioned that the early prospectors came to Idaho with either their fiddles or pocket harps. Weiser, Idaho, already had a fiddle festival, so we decided on the harmonica."

Townpeople worked together to launch the contest, which drew 300 people the first year and since has grown into the second largest harmonica contest in the nation.

"We try to find musicians from out of state a place to stay," says Imel, a member of the Yellow Pine Enhancement Society, which hosts the annual contest. "This year we took the books out of the library so the Monroe Brothers from Ohio could sleep there." Most attendees stay in campgrounds in the nearby Boise National Forest or camp at the entrance to town where the music of harmonicas, fiddles and guitars filters nightly through the pines.

"People have a perception of harmonica as a lowly instrument, a toy even. And it is," says Bud Boblink, of Schererville, Ind., a festival judge since 1996. "But when they hear the music you can make with it, there is this astonishment."

That sense of "Wow!" parallels what visitors experience when they drive to the

remote town of Yellow Pine and are surrounded by the natural grandeur.

Dave Imel first encountered the town's magnificent setting while elk hunting in 1962. "I looked down on the town from that mountain over there and said, 'That's the place



The annual harmonica contest welcomes all musical styles.

ATTENTION

DIABETIC METER RECALL ALERT

So far in 2006 there have been 12 manufacturer notifications. There have been over 20 different Class I High Risk Recalls for diabetic meters issued by the U.S. Food and Drug Administration in 2005. A Class I recall means that there is a reasonable chance that the product will cause serious health problems or death. Most major diabetic meter manufacturers have had a recall in the past 2 years! **YOUR CURRENT METER MAY BE INVOLVED IN A RECALL.**

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Stunning views
surround visitors in
Yellow Pine, Idaho.



I'm gonna die." He adds, "I still feel that way. Yellow Pine is a half step from heaven and as close as I'll ever get." ☆

Laura Stavoe is a freelance writer in Idaho City, Idaho.

The 17th annual Yellow Pine Harmonica Contest is scheduled Aug. 4-6. Visit www.harmonicacontest.com or call (208) 633-3300 for more information.

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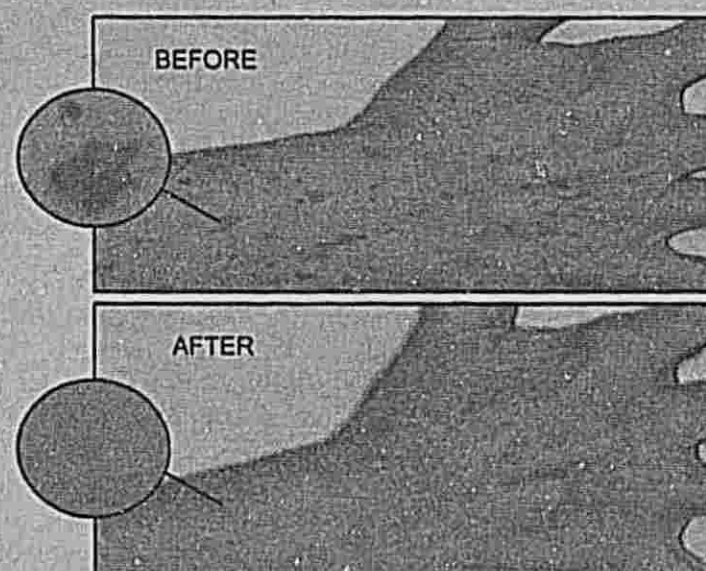
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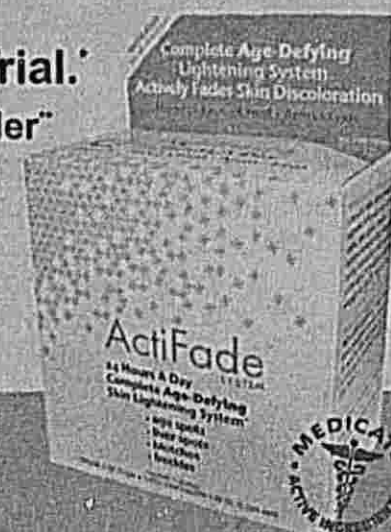
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Vinegar Can Be Used For WHAT?

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And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

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"The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

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- Condition problem skin
- Fight age and liver spots
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- Amazing hair treatments
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- Destroy bacteria in foods

- Heart and circulatory problems

- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

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Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new money-saving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort.

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Hometown Recipes

from DOROTHY DRONEBURG

Peach Pound Cake

"I have served this several times at small dinner parties. Everyone loves it. They ask to take a slice home if there are any leftovers." ☆

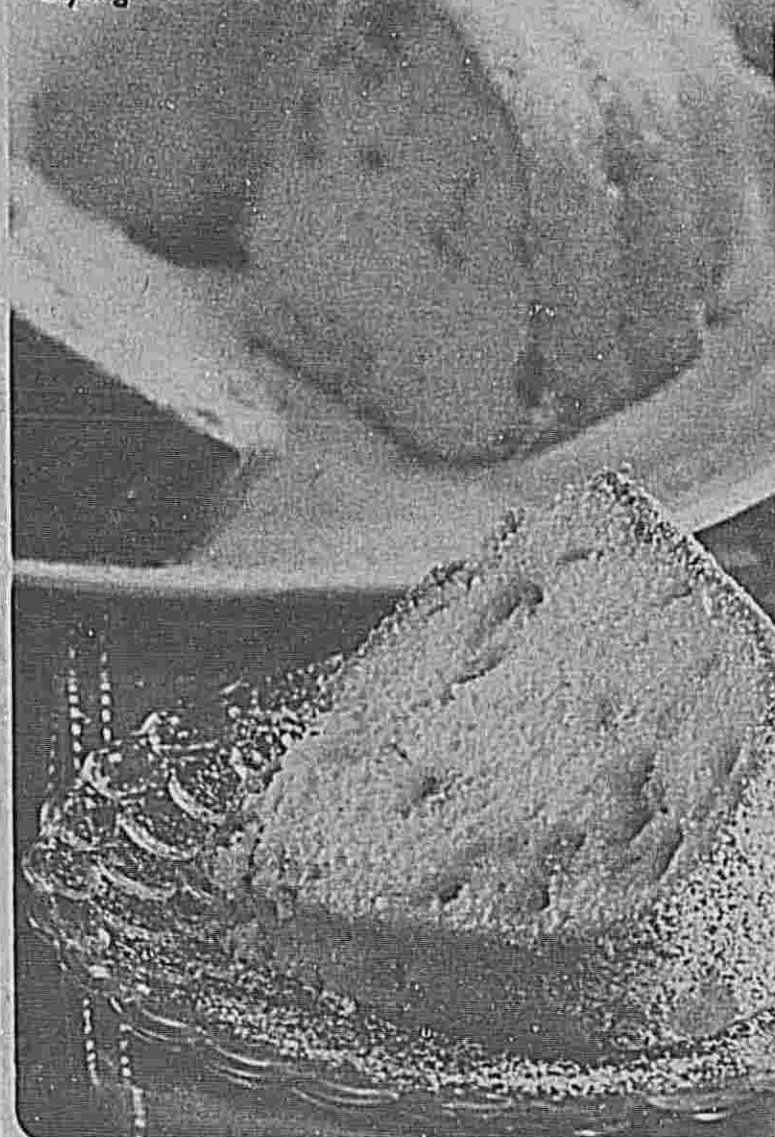
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RECIPE: Peach Pound Cake

Photo: Mark Boughton
Styling: Teresa Blackburn



Peach Pound Cake

- 1 cup butter, softened
- 2 cups granulated sugar
- 6 eggs
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup sour cream
- 3 cups diced peaches (fresh or frozen that have been thawed and drained)
- Confectioners' sugar

Preheat oven to 350F. Grease and flour a 10-inch fluted tube pan. Cream together butter and granulated sugar in a large bowl. When light and fluffy, add eggs one at a time, beating after each addition. Stir in almond and vanilla extracts. In a separate bowl, combine flour, baking soda and salt. Add flour mixture alternately with sour cream to creamed butter mixture. Fold in peaches. Do not over-stir. Spoon into pan. Bake 55 to 65 minutes or until a toothpick inserted in the center comes out clean. Cool 15 minutes before inverting onto plate. Dust with confectioners' sugar. Serves 12 to 14.

Tips From Our Test Kitchen:

Top with a light lemon glaze.



American Profile



Dorothy Droneburg
Frederick, Md.

Tidbits

Did You Know...

ILLINOIS—Hot water for the World's Largest Laundromat, the sudsy shop's actual name, is compliments of 36 solar panels, the state's largest solar-energy roof installation. The laundry business in Berwyn (pop. 54,016) has 301 coin-operated machines.

INDIANA—In the 1800s, the original 100-foot-wide streets in Centerville (pop. 2,427) were narrowed to 65 feet to allow additional building. Owners added to the fronts of their buildings and built archways, now the town's architectural treasures, to reach the original buildings.

IOWA—In 1993, prolonged flooding of Coralville Lake in Iowa City (pop. 62,220) exposed 375-million-year-old fossils and limestone, a geological attraction known now as the Devonian Fossil Gorge.

KANSAS—The rolling Flint Hills in the east-central part of the state were named by explorer Zebulon Pike in 1806 for the cobbles of flint-like chert glinting through the tall prairie grasses.

MICHIGAN—In 1942, mothers of U.S. servicemen met in Flint to organize the Blue Star

Mothers of America, which became a national troop-support group. Participating mothers displayed flags with a blue star to indicate a child in service and a gold star to signify a casualty.

MINNESOTA—Longville (pop. 180) calls itself the "Turtle Racing Capital of the World" and holds turtle races down Main Street every Wednesday during the summer. Turtles are available for contestants who don't happen to have one.

MISSOURI—Independence, founded in 1827, was a jumping-off point for westward-bound travelers in the 1800s along the Santa Fe, Oregon and California trails. Trail diaries and other mementos document pioneer stories at the city's National Frontier Trails Museum.

NEBRASKA—The state's commemorative quarter was released in April and depicts a pioneer family traveling by covered wagon. In the background is Chimney Rock, near Bayard (pop. 1,247), rising from the valley of the North Platte River.

NORTH DAKOTA—More than 70 American Indian tribes with 1,500 dancers and drummers

participate in the United Tribes International Powwow on the weekend after Labor Day at the United Tribes Technical College in Bismarck (pop. 55,532).

OHIO—In the 1890s, *The New York World* tested color ink with yellow on the nightshirt of a cartoon character drawn by Richard Outcault, creating the popular "Yellow Kid" and the term "yellow journalism." Outcault was born in 1863 in Lancaster (pop. 35,335).

SOUTH DAKOTA—In downtown Rapid City (pop. 59,607), the "City of Presidents," you can view bronze likenesses of George Washington, Calvin Coolidge and other U.S. presidents. In 2000, the city launched a 10-year project to create full-size statutes of each of the nation's presidents.

WISCONSIN—Author Sterling North's books, including *Rascal*, his 1963 memoir and later Disney movie about a mischievous pet raccoon, continue to charm all ages. North's boyhood home and museum is in Edgerton (pop. 4,933). Open for tours on Sunday afternoons from April through December, the home and museum contain North's desk and typewriter, family artifacts and other memorabilia. ☆

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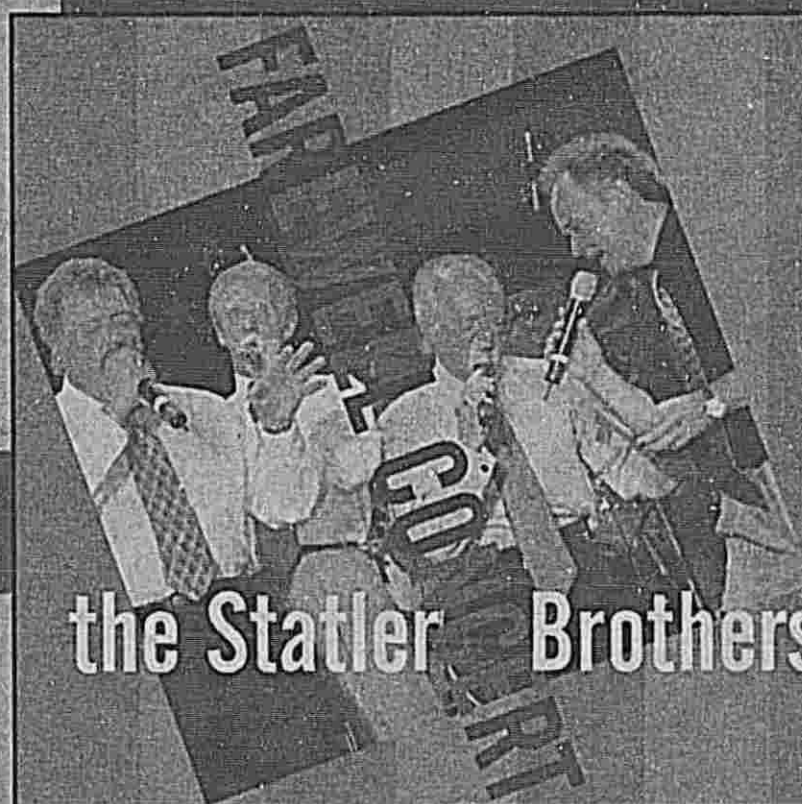
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Hometown Hero

Hosting the Farmers Market

by MARTI ATTOUN
Contributing Editor

Lindsey Brenkus surveys a tub of homegrown lettuce, loaves of just-baked wheat bread and tables heaped with pickles, parsley, onions and oatmeal cookies. She can't stop smiling. It's another blue-ribbon day at the farmers market in Bellville, Ohio (pop. 1,773).

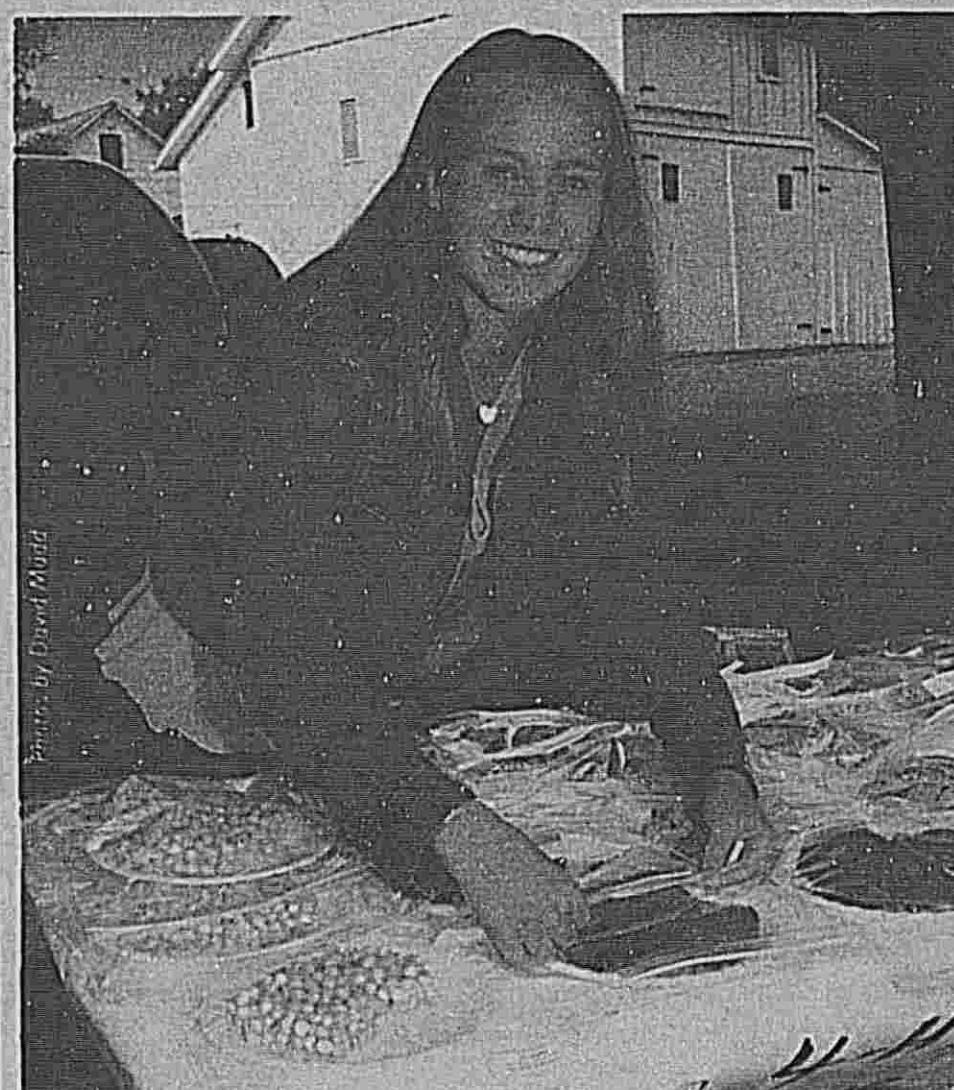
Just 13, Lindsey is an old hand at managing the Bellville Farmers Market, which she founded in 2003.

"My grandma took me to a farmers market

in Mount Vernon (Ohio) when I was 9, and it was great and I loved it," Lindsey recalls. "I bought a dill plant and some tomatoes. I was like, 'Grandma, why doesn't Bellville have a farmers market?'"

Her grandmother, Pam Wolfe, remembers the conversation. "I said, 'because someone has to start it.'"

The seed was planted and Lindsey, then a fourth-grader at Bellville Elementary School,



Lindsey Brenkus, 13, created the Bellville (Ohio) Farmers Market in 2003.

didn't stop until she had established a full-grown farmers market in her hometown.

Her mother, Teri Brenkus, laughs when people praise her for being a supportive parent. "I tried to ignore Lindsey," Teri admits, "but she bugged me to death. She kept saying, 'Who do I call next?'"

To learn about running a farmers market, Lindsey called directors of nearby markets, the Richland County Health Department and the Ohio Department of Agriculture. Then she met with the Bellville City Council.

Councilman William Sheriff says the young girl's enthusiasm won them over. "She was all keyed up. She gave us a presentation and everyone thought it was just great," Sheriff says while selling hazelnuts and flavored popcorn at the farmers market. "The town's glad to have her out here. We get a lot of compliments on her."

On Saturday mornings from June through October, as many as 30 farmers and gardeners set up tables under the towering maples on the Bellville town square. Lindsey marks off 10-by-10-foot spaces, which cost \$5 apiece for the season. Fees are paid to the city. Vendors agree to guidelines that specify the hours of operation, what can be sold and cleanup duties. Lindsey enforces the rules.

"One guy tried to sell bird-houses," says Lindsey, who prohibits the selling of crafts. "I want to keep the farmers market natural."

With Lindsey at the helm, the Bellville Farmers Market has blossomed into more than a place to buy just-picked peppers and pumpkins.

"It's turned into a social event for this town," says Dave Duncan of nearby Crestline (pop. 5,088), who peddles honey and beeswax-based soaps and lotions. "I'm tickled about this market and enjoy calling a 13-year-old my boss."

For vendors, the extra income they've earned is much appreciated.



A customer looks over Lindsey's homemade chocolate-chip cookies.

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"On a busy day, you can take in two or three hundred dollars," says Mick Conrad from nearby Mansfield (pop. 49,346), who sells pickles, jellies and relishes.

To advertise the Bellville Farmers Market, Lindsey displays fliers at downtown businesses and posts hand-painted road signs with help from her father, Mike Brenkus. For a while, she enlisted help from her brothers, Mikey, 11, and Stuart, 9.

"I paid my little brothers a dollar an hour to dance out on the sidewalk with the farmers market sign. Then they wanted \$2 an hour," says Lindsey, who outsourced their job to some neighbor kids.

Lindsey sells her own homegrown tomatoes and fresh herbs, along with zucchini bread and chocolate-chip cookies, which always sell out at \$2.50 a half-dozen. Earlier this summer, Lindsey agreed to help her brother, Stuart, bake his own chocolate-chip cookies.

"I didn't give him a nudge. I gave him a push," says Lindsey, who ended up doing the bulk of the baking for her brother.

In the spirit of free enterprise, Stuart undersold his sister, selling his cookies for \$2 for five. Lindsey didn't complain much. She knows it's in the best interest of the market, which has been a blooming success from the start—thanks to her pure-hearted spirit and dogged determination.

"Lindsey doesn't have any greed in mind," beekeeper Duncan says. "She just wanted to do something nice for her community." ☆

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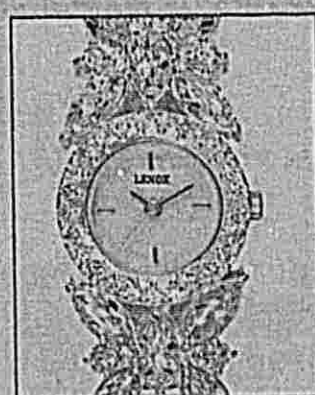
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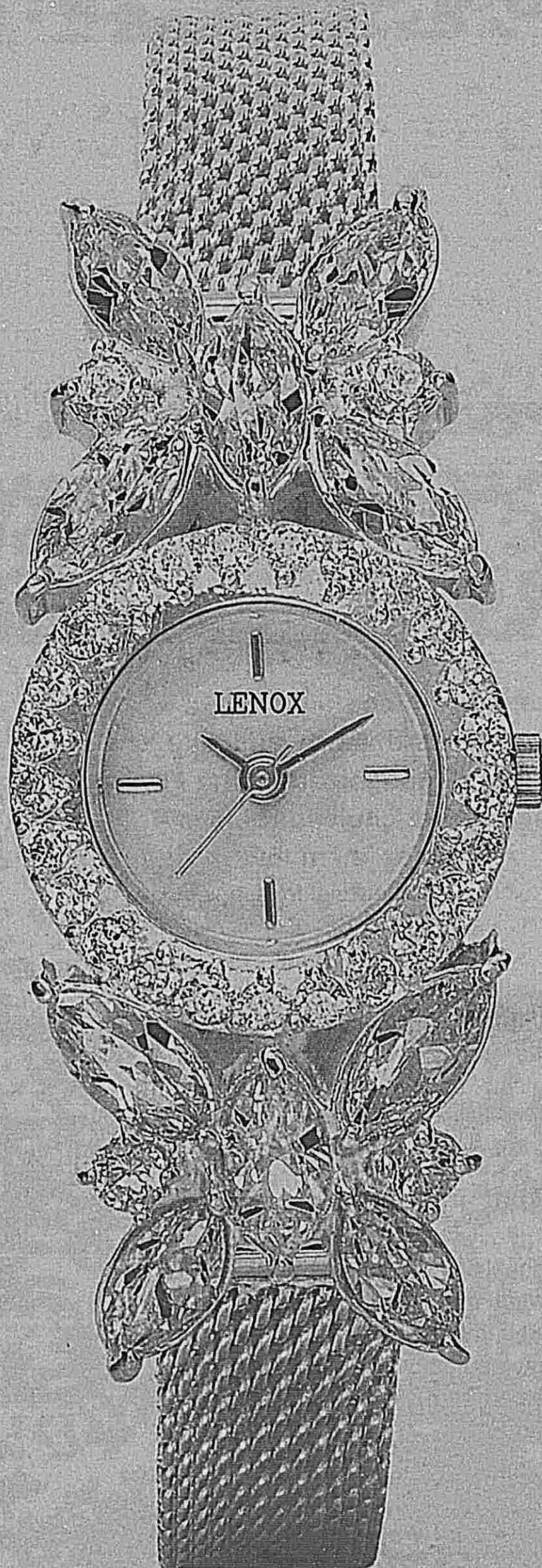
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